*Wednesday Wisdom-Obstacles and Solutions*

Obstacles happen! The road to long term, weight-loss success is full of challenges. It can be smooth one week, and full of potholes the next.

In Nutrition 62, I have asked you to set a SMART course goal and weekly SMART mini-goals to help you achieve a health related goal. Throughout the term, I will ask you to identify obstacles met trying to implement the goal, and to brainstorm solution strategies.

Below is a sample obstacle many often face. I hope the strategies I offer, help you out.

***Obstacle***

I find it hard to resist certain foods, such as chips, candy, Brussels sprouts or *fill in the blank with your temptation*!

***Strategies***

**Preload:** Load up on healthy foods so that when tempted by treats that you find hard to resist, you will have the will power to eat less, or perhaps skip it altogether. This means plan ahead!

**Clean House:** If you can’t resist chocolate after dinner, then don’t keep it in the house. If other household members squawk about its absence, suggest they eat this treat during the day and/or keep their own stash in a private place. Remember, we won’t die without *fill in the blank with your temptation*!

**Anticipate Trouble:** Will eating ten chips only make you crave more? If yes, then choose one of the following.

a. Don’t eat any. True, you may miss the chips, but at least you won’t eat fifty!

b. Buy a single-serve pack; savor it. Notice, I did not say buy a family-sized box of single-serve packs!

c. Set a rule in advance about how much you will eat and stick to it. Maybe even log it in advance or let a supportive friend in on your plan, then agree to check-in with them on your progress.

 d. Try all the above.

**Plan:** If you know you are headed to Aunt Ethel’s birthday party after work on Thursday, then plan to enjoy some of your favorite foods in a moderate portion.

**Save Wisely:** Back to Aunt Ethel and the birthday celebration. Work in, a work-out, to balance the extra calories from a special meal. However, do not skip lunch that day to ‘save calories’ for a treat. Better yet, munch down a giant apple as you head off to join the celebration.